



ATHLETIC HANDBOOK 2022-2023

St. Bernard School

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PLEASE NOTE CAREFULLY

The regulations and other provisions outlined in this handbook are considered a contractual agreement between St. Bernard School and each student/parent enrolled in the school. In developing the rules and policies for St. Bernard School Athletics, the administration has tried to anticipate as many issues as possible. As new and unusual situations may arise, the Athletic Director, at the direction of the Principal, has the authority to use his/her discretion to amend the policy. Parental cooperation is essential for the welfare of the students. If, in the opinion of the administration, parent behavior seriously interferes with the athletic process, the school may ban the parent from the athletic event(s) and/or deny the student from participating in SBS athletics.

I. CRUSADER ATHLETE PRAYER

*God, let me play well but fairly.
Help me to learn something that matters once the
game is over.
Let competition make me strong but not hostile.
Always let me help my opponent up.
Never catch me rejoicing in the adversity of others.
If I know victory, allow me to be happy, if I am
denied, keep me from envy.
Remind me that sports are just games.
If through athletics I set an example, let it be a
good one.*

*Courtland Blanchard
St. Bernard School Alumni
Class of 2013*

II. ST. BERNARD ATHLETIC PROGRAM PHILOSOPHY

St. Bernard School seeks to develop the whole student. The school recognizes the importance of providing a comprehensive athletic program for all interested students at all ability levels. This program strives to foster the self-fulfillment of all participants as individuals and as members of the community.

Athletics should promote discipline and responsibility towards oneself and others. Further, the need for sportsmanship is inherent in promoting attitudes of fair play, teamwork, and leadership. We recognize that supportive and involved parents are of paramount importance.

Athletics should provide an opportunity for fun and enjoyment along with teaching the fundamental skills to all participants.

“But as it is, there are many parts, yet one body. The eye cannot say to the hand, “I do not need you,” nor again the head to the feet, “I do not need you.” Indeed, the parts of the body that seem to be weaker are all the more necessary, and those parts of the body that we consider less honorable we surround with greater honor, and our less presentable parts are treated with greater propriety, whereas our more presentable parts do not need this. But God has so constructed the body as to give greater honor to a part that is without it, so that there may be no division in the body, but that the parts may have the same concern for one another. If [one] part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy.”

1 Corinthians 12:20-26

III. PARTICIPANTS GENERAL GUIDELINES

1. As St. Bernard School cannot anticipate all athletic situations that may arise, the principal has the authority to use his/her discretion as new and unusual situations occur. All SBS school policies remain in effect and may affect eligibility.
2. St. Bernard School is happy to host games and tournaments throughout the various athletic seasons. We ask that coaches and parents explain the following school policy to the players and students attending the games. For everyone's safety and liability reasons, students cannot be outside of the St. Bernard gym without adult supervision.
3. If a player is dropped off at a game without parental supervision, he/she must remain in the gym AT ALL TIMES. If this student is found anywhere outside of the gym, he/she will be asked to call his/her parents to be picked up. Failure to adhere to this policy could lead to further disciplinary actions by school administration.
4. All players are required to help maintain restrooms and locker rooms during practices and/or games.
5. Players will be assigned light maintenance duties to include, but not limited to, keeping up the gym floor before and after practices and/or games, picking up trash, straightening locker rooms, sweeping and/or mopping bleachers, etc.
6. Team members will not be allowed inside the St. Bernard gym after school for any reason without a coach present - no exceptions. Players must remain at the bus port, with their parent, until their coach arrives.
7. Parents are responsible for transportation to and from all games. SBS is not responsible for student's carpooling with other parents, nor will SBS be responsible for making carpooling arrangements.
8. Players must be picked up in a timely fashion at the end of any school activity (within 15 minutes).
9. Transportation: Seatbelts for each child is required. Players are not allowed to ride in the back of a pick-up truck.

10. Players shall remain in the designated areas and not leave their team until the end of the game.
11. If a player remains as a spectator for additional games, he/she will be required to sit in the bleachers. Friends who are not on the team cannot sit or stand with the team on the sidelines or benches.
12. A player should promote good sportsmanship and school spirit through cooperation with other students, faculty and administrators.
13. Only positive, supportive, encouraging language is to be used by the players, coaches, and parents.
14. Players, coaches, and parents shall not use foul, degrading, demoralizing, embarrassing, or suggestive language.
15. The use of alcohol, tobacco or any illegal drug/substance is strictly forbidden.
16. **Appropriate Attire**
As a SBS student, athletes are expected to wear tidy clothing that is respectful of their surroundings and suited to their activity. The following are considered inappropriate:
 - a. Ripped or torn clothing
 - b. Clothing with rude expressions or logos or that promote illegal activities
 - c. Excessively short skirts or shorts
 - d. Spaghetti and Halter straps as well as Strapless

IV. REGISTRATION AND PARTICIPATION

SBS will provide a registration period for each sport. If a player registers during the registration period, he or she will be assessed the registration fee of \$75. All registration fees are final and non-refundable at the time the registration forms are submitted to the school.

Students must have an up-to-date physical examination on file to be able to participate. Physical examinations are up-to-date one calendar year from the date of the physical examination.

Only newly enrolled students will be permitted to register for a sport after the registration period for that sport has concluded. Any other student who would like to join after registration, must get approval by the coach, Athletic Director and Principal.

If an SBS student transfers to another school and then returns to SBS during that same season, they are ineligible to participate during that season.

Once the registration period is concluded and a player has submitted their registration they have committed themselves to participate for the entire season.

1. Any student athlete, who chooses to quit a sport prior to the end of the season, might not be allowed to participate in other sports. This will be at the discretion of the Athletic Director and Principal.
2. If a student athlete is pulled from a team by the school administration for grades, the student will still be allowed to participate in the next sport.
3. In addition, three unexcused absences from practices, games, or tournaments may result in suspension from multiple games, removal from the team and/or not being allowed to participate in the next sport (Action taken will be determined by the Athletic Director and administration for each situation).
4. Death of any immediate family member is automatically excused. No written excuse is required.

V. ELIGIBILITY

Being a member of an SBS athletic team is a privilege not to be taken lightly. SBS prides itself on achieving this by having student athletes who exhibit high moral character, integrity and respect for themselves and their opponents. The following guidelines are set up to establish a student's eligibility:

1. Eligibility may be denied if any outstanding financial balance exists at SBS in any department.
2. All participation forms and fees must be returned in the specified time frame allotted:
 - a. Athletic Participation form (which includes medical information form)
 - b. All participants must provide proof of a physical exam by a physician before any practice
 - c. Signed Athletic Handbook Contract form
 - d. Any and all other forms specific to each sport
 - e. Registration Payment via RenWeb payment only.
3. A player must maintain a 2.0 grade point average without any grade of "F" on the quarterly report card in order to participate in extracurricular activities. Fourth quarter grades determine eligibility for upcoming school year sport participation.
4. A player must maintain a "C" or better in conduct on the quarterly report card.
5. A student who fails for the quarter can become eligible when the progress report is released if grade point average is above a 2.0 without any grade of "F" and has a "C" or better in conduct.
 - a. Student must attend all team practices and meetings leading up to becoming eligible.
 - b. Parents can opt out at the beginning of the season. Student may not become eligible and join team mid-season.
6. Students serving out-of-school suspensions or are placed on SBS probation, may not participate in any athletic event during the suspension or probation period or will be suspended from the next scheduled game after return to school.
7. A player that repeatedly has disciplinary issues in the classroom and/or with administration may also have to serve a partial or full suspension from the next contest.
8. The Athletic Director and Administration will have discretion in regard to students that have had major disciplinary issues during non-athletic season for all future sports seasons.

VI. NEW STUDENT ELIGIBILITY

Any student who has transferred to SBS from another school must check with the Athletic Director to ensure eligibility. This student is considered ineligible until cleared by the Athletic Director.

If a new student wishes to play volleyball or football, they must have maintained a 2.0 GPA with no grade of "F" in grade and must maintain a "C" or better in conduct from the 4th quarter grade of their last school they attended. If joining a team in the winter or spring seasons, a new student must have maintained a 2.0 GPA with no grade of "F" in their classes and must maintain a "C" or better in conduct on their most recent quarterly report card.

New students entering in the middle of a season must comply with the same rules and regulations as stipulated and will be placed on the appropriate team depending upon the number of players, grades, etc.

VII. PRACTICE AND GAME EXPECTATIONS

Athletes are required to attend all practice and games. If an athlete is unable to attend a game or practice, then it is the athlete's responsibility to inform the Athletic Director or coach.

If Athletes do not communicate with the coach or Athletic Director about an absence, it will be counted as an unexcused absence. Coaches are expected to work with students involved ONLY in other SBS activities and those students who miss due to illness or death in the family. A missed practice or game because of detention will not be considered an excused absence. Students, who miss practice or games for other non-SBS related activities, will be marked with an unexcused absence. Students must serve an assigned detention before reporting to any game or practice. Students missing school due to illness may not participate in a game or practice on that same day, regardless if the absence is excused or unexcused. Students must be present at school for 3 ½ hours to be eligible to participate in any event on that date. Students missing school on Friday, will not be eligible to participate in a weekend game or tournament. Students on medical or excused leave from a sport should still understand their commitment to their teammates and are expected to attend practices and games.

As mandated by the Diocese of Lafayette, there will be no practice or games on Sundays or during the Holy Triduum.

Athletes should meet at the designated area at the time given by the coach. A child must never be left alone. A parent or coach must be present. All players are to be on time for practice and are to be prepared to participate. The maximum practice and game time per week is 8 hours including weekends. Maximum practice time per session is 2 hours. Practice sessions will regularly end no later than 8:00 pm. Games, matches, or meets will regularly not extend past 9:00 pm.

Players should exhibit positive sportsmanlike conduct at all times and shall cooperate with the coaches, the game officials, spectators, and other team members.

All athletes must follow all dress and grooming codes set forth in the school's general student handbook (i.e. make-up, etc.). If a student chooses to wear biker shorts at practice, he/she must wear shorts over them (with the exception of volleyball). Spaghetti strap shirts are not allowed at practice. Only modest attire that is appropriate is allowed.

VIII. DISCIPLINARY ACTIONS

1. Three unexcused absences will result in suspension from multiple games, removal from the team and/or not being allowed to participate in the next sport (Action taken will be determined by the Athletic Director and administration for each situation).
2. If a player is ejected from a game, he/she will be benched for the next game. If a student is suspended from a game his/her playing time for the next game may be affected.
3. Any unsportsmanlike conduct including the use of profanity, name calling, refusing to shake hands, vicious or malicious act to injure another player, and/or being disrespectful to other players, referees, and/or coach's will be reported by the coach to the Athletic Director who will in turn discuss consequences with the SBS administration.
4. It is the player's responsibility to make sure that they meet all uniform requirements. Failure to do so will result in less playing time.
5. Parents will be suspended from attending the next game if they approach coaches anytime at games or practices with inappropriate concerns and/or using a hostile or negative tone. Repeat violations may result in multiple game suspensions, or the loss of privilege of attending games for the remainder of the season.

6. All concerns should be addressed with the Athletic Director during business hours and no sooner than 24 hours following the completion of the incident causing concern.

IX. PARENTAL GUIDELINES

We encourage you to cheer for your child; however, please remember they are part of a team. Let the other players know you support them as well. Parents should not say anything negative to other parents, players, friends, or faculty about other students on the team.

A parent should not shout instructions to their child. The coaches have been hired to coach and teach your child. Shouting instructions to them during a game will only confuse them. If you wish to tell them something about their performance, please wait to do so after the game.

Parents, siblings, and any other students not on the team are not allowed in the dugout, on the field, or on the court during games and practices. Failure to adhere to this policy will result in the parent being asked to leave the premises and/or prohibited from returning. Parents are not allowed to help the coach unless the Athletic Director has authorized their assistance.

Please be courteous to all referees as well as our visiting guests. You should not shout insults or verbally harass the referees. If a parent portrays this behavior it sets a poor example for our students. The referee has the power to stop the game or eject individuals if the crowd becomes discourteous.

Parents are not allowed to approach, interfere, or interrupt a coach or the Athletic Director before, during, or after a practice or game.

1. Communication expected by parents from coaches:
 - a. what expectations the coach has for your child and the team
 - b. the location and times of all practices and games
 - c. the team requirements (i.e. practices, special equipment, etc.)
 - d. disciplinary action that may result in your child being denied the right to participate

2. Communications expected by coaches from parents:
 - a. notification of any illness or injury
 - b. notification in advance of missed practices and/or games
 - c. prompt arrival for practices and games
 - d. prompt departure from practices

3. Appropriate topics to discuss with coaches or Athletic Director:
 - a. treatment of your child emotionally and physically
 - b. ways to help your child improve his/her skills
 - c. concerns about your child's behavior

4. Coaches make decisions based upon what they believe is the best for all students involved. There are certain things that can and should be discussed with your coach. Other matters, such as those listed below, must be left up to the discretion of the coach. Inappropriate topics to discuss with the coach:
 - a. playing time
 - b. team strategy
 - c. play calling
 - d. other student/athletes

All concerns should be addressed with the Athletic Director during business hours and no sooner than 24 hours following the completion of the incident causing concern. The Athletic Director will attempt to mediate a resolution. If a resolution still cannot be reached, contact the principal.

Parents will be scheduled to work the gate and concession stand at home events prior to the start of each sporting season. If a parent is unable to work his/her scheduled time, they must make arrangements to cover their schedule shift. Unable to cover your shifts, there will be a charge of \$10 per hour to cover that shift.

X. COACHING STANDARDS

All St. Bernard coaches are expected to be aware and supportive of the school's philosophy, mission statement, and athletic program philosophy. Coaches are expected to model exemplary conduct and respectability at all times. Coaching, like teaching, is a profession that wields great influence over the lives of children. The Athletic Director recommends coaches and assistant coaches with final approval from the principal. Coaches are chosen based on their understanding of Catholic identity, playing experience, coaching experience, knowledge of the sport, and the ability to educate, evaluate and encourage children.

All coaches must adhere to the following standards:

1. Practice is intended to teach students the fundamentals of the sport and to provide opportunities for students to develop skills and teamwork.
2. Students are to be afforded many opportunities for water or other fluids during practice sessions.
3. Only positive, supportive, encouraging language is to be used by coaches and players. Never is a coach to use foul, degrading, demoralizing, embarrassing, or suggestive language. Further, such language by players is not to be tolerated.
4. At no time is a coach to strike a student or touch a student in an inappropriate manner.
5. The Athletic Director, with the knowledge and consent of the principal, must approve off-campus practice locations.
6. Coaches are responsible for securing the gymnasium after practices and games and for supervising players the entire time they are on the campus or at the games.
7. Players who miss a practice or a game without a valid excuse may not play in the next game. Coaches, along with the athletic director, will decide if the excuse is valid or not.
8. Coaches should ensure players participate fully in the entirety of each practice
9. On the 5th and 6th grade level, every child is expected to participate in every game; however, in important games and in games where the score is very close a coach may choose to play only his most accomplished players.
10. On the 7th and 8th grade level, playing time is not guaranteed in every game. The coach will have full discretion on playing time.
11. In a game when the score is excessive (winning or losing), the coach will substitute players to allow more playing time to those players who do not start or do not receive as much playing time as the others.
12. When there is "running time" for basketball tournaments in 5th & 6th grade, students must play, but at the discretion of the coach. There is no minimum playing time for these types of tournaments.
13. In the final league tournament only, for all sports, at all grade levels, playing time is not guaranteed. Coach's discretion will be used.
14. Coaches are to be aware of policies regarding student eligibility and are to implement those policies.
15. Coaches are expected to assist with the upkeep of the gymnasium by having players clean up after themselves.
16. Coaches are responsible for all athletic equipment assigned to them. If equipment is lost or stolen the coach is responsible for the replacement. Coaches will not receive a paycheck until all equipment has been returned.
17. Coaches may not hand out any candy due to food allergies (esp. peanut butter).
18. Coaches may not hand out any medication to players. In the case of asthma pumps, the coach must hold it and give it to the player if it is needed (a medical release with a doctor's signature must be in the school office for this situation).
19. Practice sessions may be closed to spectators at the discretion of the coaches. These sessions are the equivalent of a teacher's classroom where instruction takes place. In practice, interference and interruption to an athlete's concentration and

focus in practice cannot be allowed any more than a disruption would be tolerated in an academic classroom. Coaching should not be compromised.

20. Parents, siblings, and any other students not on the team are not allowed in the dugout, on the field, or on the court during games and practices.
21. Coaches represent SBS and are expected to present themselves as such. Coaches that are ejected from a game will serve a one game suspension from the next game. The Athletic Director, along with the approval of the principal, will meet to decide if further action needs to be taken.
22. Coaches are required to turn in all scores and attendance to the Athletic Director for all practices and home/away games at the end of each week. You may email or text the results.

XI. TEAM COMPOSITION

In any sport where SBS does not have sufficient numbers to constitute a “team”, grade levels may be combined at the discretion of the Athletic Director. If SBS does combine grade levels, players are given the option to resign without a penalty within 2 days of the notification. Students choosing to play under these conditions must follow the guidelines of the “higher” grade level. No coed teams allowed except for track and soccer.

XII. ATHLETIC UNIFORMS

The player is responsible for the care of the uniforms. If a uniform is not returned in the same condition as issued or is not returned at all, progress and/or report cards will be held until the uniform has been returned or paid for. This rule applies to all athletic equipment as well.

Players are allowed to wear their uniform only in conjunction with school events. Players shall wear only the uniform assigned by the coach for each sport. All players are considered representatives of St. Bernard School and must be dressed appropriately on school grounds or other venues. Uniform shirts must be tucked in at all times. Any additional items to the uniform (t-shirts, jackets, headbands, etc.) must receive approval by the Athletic Director. If you are not in proper uniform - you will not participate. Uniforms are not allowed to be worn at school for spirit days. We will have spirit shirts available for those days.

Uniform Care Instructions:

- Machine wash in cold water with like colors
- Only use non-chlorine bleach when needed
- Line dry only
- No ironing (heat is not good for silk-screening)
- If the uniform is damaged or lost, the participant will be responsible for the replacement cost of the item.

XIII. EMERGENCY INFORMATION AND COMMUNICATION

Parents must provide the Athletic Director with information listing home and business addresses and telephone numbers. In addition, the parent(s) must provide the name, address, and telephone number(s) of another person who has agreed to assume the responsibility when the parent(s) cannot be reached. This information must be kept on file with the team coaches and must always be current.

Email is the preferred communication avenue; however, if you are not able to check email during the day, we will provide all necessary communications via a specific APP.

XIV. GENERAL CONCUSSION INFORMATION

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms of concussion? Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, he/she should be kept out of play the day of the injury and until a healthcare professional, experienced in evaluation for concussion, says he/she is symptom-free and it's OK to return to play. Most concussions occur “without” loss of consciousness. Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults.

Signs observed by coaching staff: Appears dazed or stunned, is confused about assignment or position, forgets an instruction, is unsure of game, score, or opponent, moves clumsily, answers questions slowly, loses consciousness (even briefly), shows mood, behavior, or personality changes, can't recall events prior to hit or fall, can't recall events after hit of fall, headache or “pressure” in head, nausea or vomiting, Balance problems or dizziness, double or blurry vision, sensitivity to light, sensitivity to noise, feeling sluggish, hazy, foggy, or groggy, concentration or memory problems, confusion, and just not “feeling right” or “feeling down”.

Concussion Danger Signs: In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body he/she exhibits any of the following danger signs: One pupil larger than the other, is drowsy or cannot be awakened, a headache that not only does not diminish, but gets worse, weakness, numbness, or decreased coordination, repeated vomiting or nausea, slurred speech, convulsions or seizures, cannot recognize people or places, becomes increasingly confused, restless, or agitated, has unusual behavior, and/or loses consciousness (even a brief loss of consciousness should be taken seriously).

What should be done if you think you have a concussion? If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What should you do if you think your athlete has a concussion? If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a healthcare professional, experienced in evaluating for concussion, says he/she is symptom-free and it's OK to return to play. Rest is the key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

XV. ATHLETIC RECOGNITION AND AWARDS

Eighth grade certificates will only be presented to those 8th graders who have participated as an athlete in any sport over the course of their eligibility. These recognitions will be presented at the 8th grade Closing Ceremony at the end of the year.

XVI. ELEMENTARY ATHLETICS

The St. Bernard Elementary Athletic Program introduces students from Pre-K through 4th grade on particular sports. The main purpose for each season will help teach the fundamentals of that sport. Games against outside opponents may be added.

All sections listed above will pertain to the Elementary Athletic Program including eligibility.

2022 – 2023 SBS Acknowledgment Form

We have read and understand the policies and procedures of St. Bernard School as stated in the on-line Athletic Handbook, accessible through the school website: <https://sbscrusaders.com/athletic-forms-and-handbook/>

We fully understand all school policies and agree to uphold them.

We understand and agree to all these policies and any amendments which may be forthcoming during the school's fiscal year.

SIGNATURES ARE COLLECTED ONLINE VIA RENWEB EACH YEAR PRIOR TO THE START OF THE FIRST DAY OF SCHOOL OR PRIOR TO THE STUDENT(S) FIRST DAY OF ATHLETIC PARTICIPATION

STUDENT(S) Printed Name: _____ Grade: _____

STUDENT(S) Signature: _____ Date: ____/____/____

PARENT Signature: _____ Date: ____/____/____